

Hypogonadism

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General Considerations

Male hypogonadism is caused by deficient testosterone secretion by the testes.

It may be classified according to whether it is due to

- (1) insufficient gonadotropin secretion by the pituitary (hypogonadotropic) or
- (2) pathology in the testes themselves (hypergonadotropic)

- The evaluation for hypogonadism begins with a serum testosterone or free testosterone measurement.
- A low serum testosterone is evaluated with serum LH and FSH levels. Patients with low gonadotropins are further evaluated for other pituitary abnormalities, including hyperprolactinemia

Clinical Findings

- Hypogonadism that is congenital or acquired during childhood presents as delayed puberty.
- Most men experience decreased libido.
- Others complain of erectile dysfunction, hot sweats, fatigue, or depression.
- infertility, gynecomastia, headache, fracture
- decreased body, axillary, beard, or pubic hair;
- lose muscle mass and gain weight due to an increase in subcutaneous fat.
- Testicular size may decrease

- Serum testosterone low indicates – hypogonadism.
- serum LH and FSH should be measured. LH and FSH tend to be high in patients with hypergonadotropic hypogonadism but low or inappropriately normal in men with hypogonadotropic hypogonadism.

Treatment

- Testosterone replacement is ordinarily commenced once the diagnosis of hypogonadism is confirmed and the cause determined.
- It is prudent to screen older men for prostate cancer before testosterone therapy is begun. Testosterone helps reverse sexual dysfunction and muscle atrophy.
- Hypogonadism is usually treated with parenteral testosterone (enanthate or cypionate). The usual dose is about 300 mg intramuscularly every 3 weeks or 200 mg every 2 weeks and gradually is adjusted.
- Testosterone transdermal systems (skin patches)
- Topical 1% testosterone gel

Prognosis of Male Hypogonadism

- If hypogonadism is due to a pituitary lesion, the prognosis is that of the primary disease (eg, tumor, necrosis). The prognosis for restoration of virility is good if testosterone is given.